



WATSON CLINIC

## METABOLIC & WEIGHT CENTER



# Comprehensive Weight Management

In Polk County, nearly 40% of the adult population is considered obese. The epidemic has far-reaching implications as these patients are more likely to suffer from diabetes, heart disease and other common chronic conditions.

Watson Clinic's **Metabolic & Weight Center** works to reverse the effects of obesity among patients in our community. Led by Internal Medicine and Obesity Medicine specialist **Dr. Lilliam S. Chiques**, the program is designed to empower adults to conquer the condition through sensible, manageable and health-based means. With the proper plan in place, patients can see significant and lasting results in their overall quality of life.

### Services include:

- **Comprehensive medical assessment with complete lab and metabolic testing**
- **Lifestyle counseling**
- **Intermittent fasting**
- **Ketogenic diet**
- **Meal replacements**
- **Pre- and post-bariatric surgery coordination and testing**
- **Medications to support weight loss**
- **Diabetes education**

**863-680-7190**

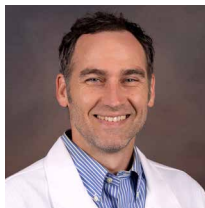
[WatsonClinic.com/WeightCenter](https://WatsonClinic.com/WeightCenter)

# Meet the **Metabolic & Weight Center** Team

**Lilliam S. Chiques, MD** has undergone extensive training in the field of obesity management. She is a board-certified diplomate of the American Board of Obesity Medicine, a distinction that recognizes the highest standards of expertise in the treatment of obesity. She is also a member of the Obesity Medicine Association.



Registered nurse practitioner **Aimee Bert-Moreno, APRN** is a registered dietitian, and a Certified Diabetes Care and Nutrition Counselor. She is a member of the Obesity Medicine Association and the American Association of Diabetes Care and Education Specialists.



Physician assistant **Perry Kuhn, PA** is a member of the Obesity Medicine Association and specializes in the treatment of obesity.



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**Appointments Now Available**  
**863-680-7190**



**Watson Clinic Main**

1600 Lakeland Hills Blvd. Lakeland, FL 33805

**WatsonClinic.com/WeightCenter**